



# La Vie Collegienne

Volume 81, No. 7

An Independent Publication | Founded 1924

October 23, 2013

## THIS WEEK IN LA VIE

### FEATURES



New E.A.T. initiative is working with Metz to enhance the dining experience for students.

Page 4

### PERSPECTIVES

Students share their do's and don'ts of fall fashion.

Page 6

### A&E



Staff writer Marie Gorman previews Wig and Buckle's fall musical, *Chess*.

Page 5

### INDEX

News .....	1-3
Features .....	4
Arts & Entertainment .....	5
Perspectives.....	6
Sports.....	7-8

## Metz Marks Down C-Store Items

MELISSA PAVONE '14  
STAFF WRITER

The Dutchmen Den, otherwise known as the C-Store, has lowered its prices on the top ten items sold in the store. In its September 11 issue, *La Vie Collegienne* had reported that the prices of several C-Store items were marked up considerably compared to the same items sold at area supermarkets and convenience stores.

Pringles, previously \$2.69, now cost \$2.25 at the C-Store. Turkey Hill sells the item for \$2.29 and Sheetz prices it at \$2.39.

Turkey Hill drinks at the C-Store are now being sold for less than what Turkey Hill sells them for. The C-store's price  
See **C-STORE** | Page 3



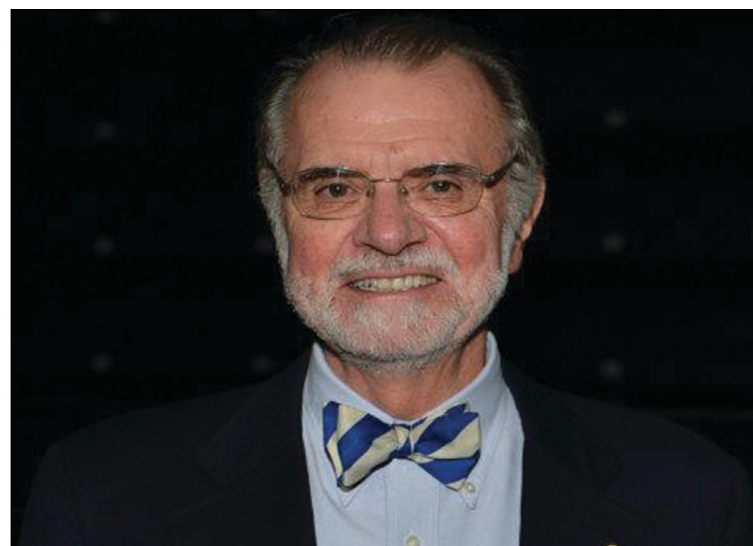
Melissa Pavone '14 / LA VIE

## Dr. MacDonald Appointed to PT Criteria Revision Group

MARIE GORMAN '17  
STAFF WRITER

In 2002, Lebanon Valley College was denied initial accreditation for its Doctor of Physical Therapy program, and faced a potential crisis if the program was unable to be accredited. Through the hard work of LVC President Emeritus Stephen MacDonald, however, the College's candidacy for accreditation was accepted in 2003, and on November 9, 2011, the Physical Therapy program received reaffirmation of full accreditation from the nationally-based Commission on Accreditation in Physical Therapy Education (CAPTE).

The College has since received numerous national accolades for the program, a nearly



Lebanon Valley College on facebook.com / LA VIE

unprecedented accomplishment for a liberal arts college.

MacDonald has no formal background as a physical therapist (his Ph. D is in modern European history), yet as Dean

and Vice President of Academic Affairs, he worked closely with the faculty of the Physical Therapy department to help

See **MACDONALD** | Page 3

## How Online Learning Could Affect LVC

CARTER PETERS '16  
CONTRIBUTING WRITER  
JEFF DICKENS '15  
CONTRIBUTING WRITER

Online learning is the future of education. While students may be unaware of its various forms, it is already present in education and is becoming more prevalent.

Blackboard, for example, is an online learning tool already in use at LVC. Gregory Buckley, Associate Dean of Graduate Studies & Continuing Education, says, "There are many faculty members that use Blackboard as part of their traditional face-to-face course. Students get the 'lecture' material outside of class, and then the classroom time is focused on active, applied learning. In some cases, online activities satisfy the definition of 'instructional equivalency' and replace classroom meetings.

"LVC has not had any fully online courses yet, but that will begin to change next spring."

Liam Galiano '16 says that he prefers the face-to-face style of learning LVC offers because of its small class sizes. The small school atmosphere at LVC is perfect for fostering one-on-one communication between professors and students.

Commuter Jay Zimmerman '15 says, "I have work and class every day and I have to drive to and from both, so I have very little time to do anything else." Students like Jay believe they would save money and be able to  
See **LEARN ONLINE** | Page 2





# NEWS

## Learn Online: Its advantages, effects on traditional education

Continued from Page 1

fit education into their schedules more easily from if fully online courses were implemented.

Students seem to agree that there is some value to the traditional classroom style learning, but that online classes would provide a valuable service for several reasons.

One option for online learning that has grown in popularity since the early 1990s is the MOOC, or Massive Open Online Course. According to an article in *The New York Times*, MOOCs had not offered any credit for completion until January 2013 when a for-profit company called Udacity released such a course. Before then, MOOCs only offered a grade and acknowledgement of completion.

Udacity also works with Georgia Tech to provide a master's program in computer science for the low price of \$7,000, compared to the \$40,000 it would cost for an identical degree in a traditional classroom setting.

Are students paying the difference simply for the supposed luxury of being taught by a professor?

According to Buckley, LVC could implement online learning effectively in the future by offering online courses during the summer for undergraduates and during the semester for graduate students and non-traditional adult students, and these changes are on the docket for the extremely near future.

Graduate and non-traditional adult students may benefit from fully online courses because of the flexibility in time and place they offer. These students can take the classroom wherever they go by simply bringing their laptop along. For most of them, this is a necessity when juggling work, family and education.

Buckley says that by Spring 2014 "each of our part-time graduate programs – Master of Music Education, Master of Science Education, and Master of Business Administration –

will offer one class completely online." He also adds that undergraduate online options for the summer are currently being explored.

An e-mail was sent out to all LVC students regarding a survey about online summer courses from Buckley, attempting to get feedback from students on what summer courses students would be interested in taking. The aim of this survey is to "provide students an opportunity to take high quality online courses with LVC faculty in the summer term," says Buckley.

By offering more classes without needing additional professors, housing, or classrooms, the College would provide more educational

a French, German, English, Chinese, and ESL teacher at Eagle Valley High School, was just four years from retirement when she was told that she was being replaced by Aventa, an online language instruction program. Aventa costs students a total of \$600 for the year, a staggeringly cheap price for a year of instruction in a foreign language.

A concern among professors may arise when the subject matter being transmitted is less technical, and more fact-based, therefore being more easily transmitted over the Internet.

Dr. Dale Summers, professor of Education, says, "I try to be the best professor that I can every class that I teach. That is

my concern, as that is within my control. To be replaced by online courses is not within my control, so I do not spend time with this issue worrying about it."

Karen Walker, associate professor of Education and director of Secondary Education, recognizes the changes that online learning will bring. "Professors will still need to set up

the courses and respond to the students and to their work," she says. "Does teaching an online class scare me? Yes, it does, in that it's new and unfamiliar territory for me."

Walker also says that teachers will have to learn to use these new teaching styles effectively, and that the methods of education change, so too must the teachers, lest they be left behind.

How does online learning impact education quality?

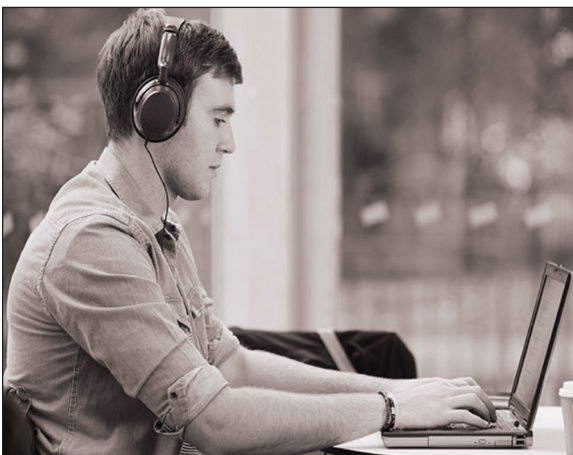
In a study conducted by Stanford Research Institute, online learning was compared to conventional education by testing students exposed to both styles. Barbara Means, the director at SRI, says, "The study's major significance lies in demonstrating that online learning today is not just better than nothing – it actually tends to be better than conventional instruction."

opportunity while maintaining reasonable overhead costs. This gives schools a great financial benefit.

Implementing online learning would also increase faculty productivity by allowing, for example, a single professor to teach three traditional classes and two online courses. This would enable LVC to offer the classes at a low cost to students by increasing the professor's productivity without increasing the financial input required.

Eagle County School District in Colorado recently cut three language teaching positions in a budget cut, replacing these positions with online courses. These cuts happened on May 12, 2012 in the middle of Teacher Appreciation Week and were the source of much anger, according to *Vail Daily*.

One of the teachers that was laid off, Nancy Bujnowski,



businessweek.com / LA VIE



## CAMPUS CRIMEWATCH

*All information courtesy of the LVC Department of Public Safety*  
\*\*\*\*\*

**10-16-13 | Neidig Garber**

*Student urinated on bathroom floor.*

**10-16-13 | Mund**

*La Vie office was unlocked after midnight; nothing was stolen or damaged.*

**10-16-13 | Mary Green**

*A warm hair dryer and hair straightener set off fire alarm.*

**10-16-13 | Zimmerman Hall**

*iPhone left at a lecture was found; phone is being stored in a small safe until claimed.*

**10-16-13 | Blair**

*Uninvited book solicitor was in classroom.*

**10-19-13 | Lynch**

*Restroom was damaged.*

*Please report any suspicious activity to Public Safety at x6111.*

### Corrections & Clarifications

**It is our continuing goal to provide readers with complete and accurate information. To that end, we welcome and encourage notification of any mistakes. Readers who wish to submit corrections should send an email to [lavie@lvc.edu](mailto:lavie@lvc.edu), subject line: Corrections.**

David Brooks, a columnist for *The New York Times*, argues in "The Campus Tsunami", that "American higher education must deal with online education, embracing it as a tool to transmit inexpensive and global knowledge." He also thinks that online education can move learning towards higher level thinking, rather than just transmitting more information.

Online learning, according to Brooks' column, can give millions of people access to the world's best teachers without having to physically interact with them, which would be costly and impossible without the use of online tools.

Dr. Lou Manza, head of the Psychology department at LVC, recalls what one of his colleagues told him in 1995, the first year he was a professor. "All professors will lose their jobs within the next 10 years," the colleague had said, implying that all learning will take place outside of the classroom in the future.

While professors are still working 18 years later in 2013, online learning is the way of the future. Whether professors are still an integral part of it or not remains to be seen.

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# NEWS

## C-Store: Metz charges less for certain items than Turkey Hill and Sheetz, provides student discounts

Continued from Page 1

is \$1.25, while Turkey Hill's is \$1.29. Sheetz does not sell Turkey Hill products.

Combos are now priced at \$2.55 at the C-store, whereas Turkey Hill sells them for \$2.69 and Sheetz prices them at \$2.59.

The other items that have been marked down include candy, gum, Pop Tarts, Theatre Candy, Jack Links, Power Bars, and Chex Mix.

"We're here. We're listening," Bill Allman, General Manager of Metz Culinary Management, says. "It's key that we can compete with Turkey Hill and Sheetz."

In comparison to Turkey Hill and Sheetz, Allman and Landis Brown, Retail Manager, point out that the C-Store provides values and discounts that other convenience stores do not. For example, by purchasing a reusable bag, students receive a 10 percent discount off anything in the store, including freshly made food and items on special. In addition, inside the reusable bag is a coupon book that rewards students with over \$20 in coupons. These coupons are good through the entire semester and even if coupons



Melissa Pavone '14/ LA VIE

### PRICE COMPARISONS AT THE C-STORE

In order to better compete with Turkey Hill and Sheetz and provide students with better discounts, Bill Allman, General Manager of Metz, and Landis Brown, Retail Manager, have worked to mark down prices on the top ten items sold at the C-Store. Above, large Jack Links are sold at the C-Store for four cents less than at Turkey Hill and 24 cents less than at Sheetz. Other products that have been marked down at the C-Store include Pringles, Theater Candy, and Pop Tarts.

have expired, Brown says they will still be accepted at the C-Store.

The C-Store also provides "Dutchmen Den Specials." Every day a new special is featured. For example, the special on Wednesdays is "Hump Day Hero," where students can buy any 12-inch hero and get a \$0.99 bag of chips free.

Weekly specials are also featured, and Brown asks that

all students become friends with the Metz Culinary at LVC group on Facebook. Coupons will be being added to the Facebook page in the near future.

The Metz Culinary at LVC Facebook page is also a great resource for students to see the upcoming features and specials. It is updated on a daily basis and also posts special events and contests for students with some great prizes.

According to the Metz's Facebook page, on October 15, three students won additional flex dollars for their completion of the Oktoberfest Fall Food Show survey.

Faith Viray '17 was the grand prize winner of \$500 in flex dollars, Kory Lopata '15 was the second prize winner of \$300 in flex dollars, and Adrian Rodriguez '14 was the third place winner of \$200 in flex dollars.

"Up for Grabs" items are another way that Allman and Brown provide options for the students. These "Up for Grabs" items are made fresh daily, and they can vary from day to day. Some of the "Up for Grabs" that have been featured are wings, macaroni and cheese, and manicotti. There are also fresh fruit cups, salads, and sandwiches. These can be purchased at both the C-Store and the Intermetzo.

Bringing value and enjoyment of the Metz experience is a priority for both Allman and Brown. They continue in their efforts to work for the students. "We are here to serve you guys," Brown says.

Bill Allman can be reached at [allman@lvc.edu](mailto:allman@lvc.edu). Landis Brown can be reached at [lanbrown@lvc.edu](mailto:lanbrown@lvc.edu). For more information on dining services available, visit <https://www.lvc.edu/dining-services/> or Metz's Facebook page at <https://www.facebook.com/metz.atlvc>.

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## MacDonald: Former president helping national group to simplify physical therapy accreditation process

Continued from Page 1

the Physical Therapy program gain accreditation. As a part of his work with the department, MacDonald wrote a number of documents for submission.

MacDonald's work led to his appointment as a CAPTE commissioner from 2007 to 2011, which has provided him with the opportunity to travel the country and review the physical therapy programs of several prestigious universities as part of a larger team. His work as commissioner, along with his previous role in the LVC Physical Therapy program's accreditation, contributed to his most recent appointment by CAPTE as a member of a 10-person Criteria Revision Group (CRG). This group seeks to propose modifications to the national standard for accreditation in physical therapy and physical therapy assistant

programs throughout the United States.

Physical therapy programs, like the one provided at LVC, enroll students in a six or seven year program, whereas a physical therapy assistant program, which are commonly provided at community colleges, requires only two years of schooling. Upon completion of the program, a physical therapy student receives a doctorate; however, a student in the physical therapy assistant program receives an associates' degree.

The focus of the proposed modifications presented by the Criteria Revision Group is to simplify the arduous process of accreditation through the alteration of some of the more bureaucratic elements. In order to gain accreditation, a college or university must first complete a preliminary self-study of its physical therapy or physical

therapy assistant program, which will be submitted to CAPTE for review. These self-studies involve the completion and response to an extensive set of comprehensive criteria.

CAPTE reviewers must then verify what the schools have written by meeting with the president of the university, faculty, and students to ask in-depth questions about the program in order to determine the self-study's accuracy. The commissioner's review is then sent back to CAPTE headquarters in Alexandria, VA, where a decision will be made as to whether to allow or deny each the accreditation.

Despite the varying levels of difficulty and the different types of responsibilities and operations required for the physical therapy and physical therapy assistants degrees, the group believes that there are similar criteria

that can be used to simplify the process. That doesn't mean "simpler or easier in the sense of a less rigorous curriculum," cautions MacDonald, but rather through the reduction of the aforementioned bureaucracy.

Once the ten members agree on where the criteria should be altered for similarity and where it should remain different, "the program proposals will go out to physical therapy and physical therapy assistant programs all around the United States for comment and review," says MacDonald.

The process is to be collaborative. "Nothing will be done behind closed doors and sprung... All programs will be able to see the coming changes and either say, 'Good idea,' or alter as they see fit. [It is] a gradual process, one that will be able to be discussed at length," assures MacDonald.

His prior experiences and roles in working with physical therapy education not only gave the selection committee a favorable impression of his ability to revise and improve the accreditation process, but have also allowed MacDonald to better learn how different programs operate in different places and improve his understanding of how physical therapy and physical therapy assistant programs respond to the accreditation process.

Ultimately, MacDonald uses his experiences to help colleagues to determine which criteria are truly important. For MacDonald himself, his experiences represent "one of the things in fourteen years at Lebanon Valley College and as president that I am most proud of, and something that I never expected to be able to do."

M. GORMAN

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# FEATURES

## E.A.T. Initiative seeks to enhance dining experience on campus

**GRACE BAILEY '17**  
STAFF WRITER

Philosophy is often food for thought, but for a group of philosophy research students at LVC, their philosophy is putting thought into food.

The E.A.T. program, which stands for Engage, Analyze, and Transform, is a new collaboration between student researchers, Dr. Robert Valgenti, associate professor of Philosophy, and William Allman, the General Manager of Metz Culinary Management.

Dr. Valgenti describes the E.A.T. initiative as being “unique in terms of its comprehensive goal: to integrate academics into the dining space.” The idea behind E.A.T. is to allow students to foster sustainability, use ethical reasoning, and become sensitive to diversity, all while eating their food.

E.A.T. is the product of Dr. Valgenti's studies on the relationship between food and philosophy. After talking with other scholars and attending food study events, he put together a group to investigate this relationship on campus and obtained funding for the initiative from the newly devised President's Innovation Fund, which fosters student-faculty research.

The E.A.T. program includes four student researchers, each of whom has their own area of focus in the E.A.T. initiative.

Ashley Smith '15 is involved in looking at sustainability and food waste. Currently, she is measuring the amount of food waste students produce during certain dinner times in the cafeteria and analyzing how the numbers change as the semester progresses.

Meanwhile, Kaitlyn Schroding '15 is focusing on the nutrition and health aspect of food. Her role in the initiative is to investigate the food of the week, in which the cafeteria cooks meals featuring fresh foods such as eggplant or corn.

Ashley Ferrari '14 is incorporating a cultural element into the cafeteria food. Her goal is to introduce new foods from different regions in order to educate students about other cultures.

Lastly, Anthony Feudale '14 will be analyzing the attitudes of students towards cafeteria food through the semester and determining how his other three colleague's areas of work affect students.

Metz serves about 14,761 meals a week to students, according to Allman. Since it serves that many meals, Metz

plays an essential role in facilitating this group's research. According to Dr. Valgenti, Metz has been “generous with its time, resources, and money” to advance the project.

After meeting with Allman, the group is now working with Metz to implement new menu ideas and incorporate diversity into the dining options. For example, last month Metz supported Multicultural Affairs with a Hispanic Heritage meal as a part of Hispanic Heritage Month. They also supported the Study Abroad program with Deserts of the World, and supported the Service and Volunteer program with a Peruvian dinner.

Metz favored the E.A.T. initiative so much that they created their own T.A.S.T.E. program to support the research that the members of the E.A.T. initiative are conducting. While T.A.S.T.E. focuses on food sustainability and food waste, E.A.T. is a program that specifically studies Metz in their current “ethical, nutritional, and sustainable” practices, says Allman. Both groups hope to strongly and positively impact the student body.

E.A.T. launched their first event on October 15. Besides the farmer's market cart, courtesy of



Grace Bailey '17 / LA VIE

Bravo, students were introduced to T.A.S.T.E.'s goals, were able to enter a raffle for a chance to win an iPad mini, and were able to compete in an Iron Chef competition.

As for upcoming events, Ashley Ferrari is excited to introduce the “Tastes From Home” Recipe Food Contest. According to Ferrari, she wants “to empower students by giving them a direct say of what is served in the dining hall, to introduce ‘tastes from home’ that students miss while at school, and to expose students to the comfort foods of other cultures.” Students are encouraged to bring their favorite recipe from home to the dining hall until the contest ends on Monday, October 28. The winning

recipe from the contest, which will be voted on by students, will be served in the spring semester of 2014 in the cafeteria.

But participating in this contest is not the only way for students to get involved in the initiative's efforts. Students can also become involved in the Environmental Ethics class, PHL 311, which is a research lab for students. On Redbook, students can sign up to help with the food waste weigh-in process.

For more information on the E.A.T. initiative and ways to get involved, visit [www.lvc.edu/eat/](http://www.lvc.edu/eat/).

G. BAILEY

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## RAs at LVC: What do they do, what challenges do they face?

**AMANDA SEALE '14**  
**RYAN LEONARD '14**  
CONTRIBUTING WRITERS

“LVC is a fishbowl. All students know that. It's a small school and so everyone knows everything about everyone,” observes Tito Valdes '14, an RA in Keister Hall.

Resident Assistants (RAs) are resources for resident students. Their job is to provide a “residential environment conducive to the overall development of students.”

To become an RA, a student must fill out an application and obtain reference forms. Students then must attend one of the information sessions about becoming an RA that the Residential Life staff holds. From there, students go through a two-step interview process, which involves a group interview and an individual interview.

Students that apply to become an RA must be full-time undergraduate students with at least 12 credits per semester, and must maintain at least a 2.5 GPA. The Residential Life staff looks for students who are good role models, responsible, accessible, knowledgeable about college policies and resources, and reliable, and who have good written and oral communication skills.

RAs should also promote the well-being of the school and community. “Nothing annoys me more than RAs who do nothing but put down the school. It isn't perfect, and constructive criticism is great; however, complaining and putting it down isn't constructive and it isn't responsible,” Valdes said in an e-mail.

But when do RAs have to put their personal life aside to enforce campus policies? What type of difficulties do

RAs face? Time management is one of them.

“There is always the time management issue and making sure to meet deadlines for meetings, programs, and extra activities, and of course everything else in your normal life (sports, friends, class, studying, sleeping and eating),” Heather Tran '14, an RA in Derickson B, said in an e-mail. “And there are the usual policy issues. But being an RA is very rewarding and you won't usually face issues if you stay on top of everything.”

RAs often feel that they struggle with the balance of keeping their authority, yet still being friends with their residents. “As for the respect versus friendship issue, generally the rule of thumb is to establish yourself as an authority figure early on in the semester,” Sam Calabria '15, an RA in Silver Hall, said in an e-mail. “That way there is an initial level of respect

going in, and that becomes part of the friendship, minimizing problems later on with this issue.”

RAs often establish friendships with their residents by going to their games, recitals, and other on campus events. Even though it can be extremely uncomfortable to have to enforce the school's policies on other students and friends, it is something that RAs are obligated to do under contract.

“I've found there is a balance to be found between enforcing policy under necessary conditions as compared to situations where it is not as essential,” says Calabria. “The main priority to this area of the job is to keep residents safe, not to get any person breaking a policy violation in trouble.”

LVC allows for students that are 21 and older to have alcohol in their premises. RAs feel that they have more problems with students that are

under the age of 21.

Karly Siffin '14, an RA in Dellinger, says that it can be difficult as an RA to confront 21-year-old residents, especially if you are younger.

“I honestly find that residents who are over 21 are not as challenging as residents who are under 21 and choose to consume alcohol, probably because they don't try to be sneaky and go off campus to drink,” Siffin says.

RAs are still students on campus and face the same problems that any other resident faces. RAs want to have fun, relax, and become successful. Being an RA comes with the responsibility of personal conduct, as the campus is able to look at RAs through a magnifying lens.

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# CHESS

**OCT. 25-27, 31 / NOV. 1-3, 2013**

DIRECTED BY ROSEMARY BUCHER

Wig and Buckle presents fall musical, *Chess*

While the powers that be seek to win the international chess tournament for propaganda purposes, the two protagonists compete for the heart of Florence Vassy in an intricate love

According to faculty advisor and associate professor of English Dr. Kevin Pry, many of the plays of that time period center around the conceptual, “not a thematic line, which frees the production from a set story,

For more information or to reserve tickets, visit [www.wigandbuckle.com](http://www.wigandbuckle.com), call 717-867-6162, or e-mail [wigandbuckle@lyc.edu](mailto:wigandbuckle@lyc.edu).



**Top:** Katie Boag '14 as The Arbiter. **Middle:** Boag as The Arbiter, Dylan Tobias '16 as Molokov, Cassandra Diaz '14 as Florence Vassy, and Andrew Ferrie '14 as Anatoly Sergievsky. **Bottom:** Chris Dunlap '15 as Frederick Trumper and Diaz as Florence Vassy.



## PERSPECTIVES

## Letters to the Editor

*La Vie Collegienne* requires all Letters to the Editor to contain the author's name, telephone number, and e-mail address. No initials or pen names will be accepted. *La Vie* does not publish any anonymous letters.

Telephone numbers and email addresses are required for verification. They will not be printed.

Letters should be no longer than 200 words. All letters for submission become property of *La Vie Collegienne*. *La Vie* reserves the right to edit for length, accuracy, and clarity. Submissions may be edited and may be published or otherwise refused.

Letters, columns, and opinion-based articles do not necessarily represent the views of *La Vie* or Lebanon Valley College.

Submissions may be e-mailed to lavie@lvc.edu, hand-delivered to our Mund office, submitted to lavieonline.lvc.edu or mailed to the address below.

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## The Minor Things in Life:

## On Titling a Romantic Relationship

**MALLORY MINOR '15**

STAFF WRITER

What does it mean to be in a relationship? To be single? What are these titles we give ourselves, and why do they have such a great meaning in our lives?

In our generation, with technology and other advancements, meeting someone is much easier. We were brought up in the age of easy consumption: things can come our way without much effort and we typically get the outcome we desire.

In our generation, we have different levels of acquiring a relationship status. Unlike our parents, we have a "pre-dating" level of our relationships that many adolescents like to call "talking." This is defined, typically, by everyday talking (which really means texting), hanging out, and making out: basically a relationship without the title.

Why do we need that title to be satisfied? If you're "talking" to someone, why is it necessary to add the pressures that come with the title of dating? What will change if you are single today and in a relationship tomorrow? Why do we do it? Is it for the sole reason that you

get to be exclusive with someone, or is it just to have the title on your Facebook page and gain the social status that comes with it?

And when it comes to "dating," how many couples actually "date"?

How many people actually go out to dinner or a movie, or go on a date? In college, dating is more of a daily luxury. You have one person that is yours that you can text all day and watch TV with all night.

In college, not many couples actually go off campus and go on a one-to-one date. Since they see each other every day, the thought of going out on an actual date often slips the mind. Many couples even start dating before they ever actually go on a date.

Dates are becoming a thing of

the past, which is sad because these are crucial to a healthy relationship. Dates are half the fun of dating. They're a time to laugh and get to know the person who could potentially be someone you marry. You never know.

Dating to marry sounds so strange at our young age. Why would couples think about spending most, if not all, of the remaining 60 to 80 years of life with one person, when they're still so young? That could

be a scary thought when you're 20, but in fact, it could also be so true.

Very bittersweet. In my last two college relationships, dating to marry wasn't something I thought about often. I'm too much of a free spirit; I have to spread my wings and fly.



Mallory Minor '15 / LA VIE

But back to believing in fate, this will never change. Everything in this world, in our lives, in each day, each breath, each step, happens for a reason. You meet someone that fills your heart like no one has before, and that will change everything in your life. Your attitude and outlook both reflect on your happiness. The happier you are, the more positive you will be. And to think that one person can make or break your day is such a powerful thing. As humans, we rely so much on the praise of other people that we look past our own satisfaction.

Life is about making yourself happy. Pleasing other people should come second and only after pleasing yourself. If adding a title to your relationship is what makes you happy, do it. If keeping your relationship a secret thrills you, do it. Do whatever makes you happy, because in the end, you're going to be the only person that will always be there for you.

*Is there a topic you would like me to write about? Please email topics to me at mam011@lvc.edu. Names will be kept anonymous.*

M. MINOR

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## The Do's and Don'ts of Fall Fashion at LVC

Compiled by Morgan Hartmoyer '15 and Brittany Baird '15

If you're looking for a way to spice up your wardrobe this fall season, check out these student-recommended fashion do's and don'ts:

**1: Do embrace colored pants.**

Megan Hummel '16 says it is fun to play with the pop of color that the pastel shades of denim can provide, but that it's important to be conscious of pairing a shirt and accessories with the pants. Too much color can be overbearing and the wrong color shirt can make the wearer look like he or she got dressed in the dark. When in doubt, she says to "stick with a plain white top."

**2: Don't be afraid to layer your tops.**

Amanda Rozanski '16 says it is always acceptable to layer in the fall. She recommends a loose-fitting and flowy top paired with a tighter undershirt. Paired with a



skirt or pants, it can be a business casual look. Paired with leggings, it can be an easy night-on-the-town look.

**3: Do wear clothes that fit and flatter.**

Emily Franke '16 says not to worry about the writing on the tag; nothing beats the feeling of wearing clothes that fit your body type, regardless of the size on the tag. She also says not to get discouraged if a certain cut or style



Morgan Hartmoyer '15 / LA VIE

"doesn't look good on you." She says to find the clothes that flatter your body because "when you look good, you feel good."

**4: Don't forget your accessories.**

Whether it is for your hair or for your body, Adrianna Knauer '15 says you can't go wrong with the right accessory. The perfect headband or pair of earrings can take your outfit "from a 5 to a 10," she says.

**5: Do invest in scarves.**

According to Lindsey McKisick '14, scarves can be the most versatile part of your wardrobe. Lighter material scarves can double as belts or hair accessories. Scarves made of heavier fabrics like wool will keep you warm while complementing your outfit.

**6: Don't force the deep male v-neck.**

"A deep v-neck looks fine on women," says A.J. La Flame '14. But he thinks it looks out of place on men. "It's a no in my book," he says, "I know it's a cool trend for men these days, but people don't want to stare at this little part of your chest all day."

*Find more fall fashion tips in the full article on La Vie Online.*

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# SPORTS

## SCHEDULE

Wednesday, 10/23

Women's Soccer  
vs Hood College  
4 p.m.

Field Hockey  
at Arcadia University  
7 p.m.

Friday, 10/25

Cross Country  
at Haverford Invitational  
5 p.m.

Saturday, 10/26

Women's Volleyball  
vs Penn State Berks  
11 a.m.

Swimming  
vs Arcadia University  
1 p.m.

For more results, visit  
[GoDutchmen.com](http://GoDutchmen.com)

## ATHLETES OF THE WEEK

CHLOE BARO  
FIELD HOCKEY



Last week, Baro was named the CC Defensive Player of the Week for her performance against Messiah, where she made a career high 18 saves in the 2-1 loss. She was also in goal for a win over Widener.

KACEY MUSSELMAN  
VOLLEYBALL



For Musselman, this was her second time receiving a CC weekly award, after leading the volleyball squad to a 3-1 record at the Hartwick/Holiday Inn Invitational last weekend. She averaged 29.5 assists and 10.8 digs.

## Close games for women's soccer: Beat Stevenson in OT, drop to Albright

*LVC sits at 8-5-2 overall record, fourth in CC standings*

CODY MANMILLER '16  
STAFF WRITER

It was a nerve-racking week for the Lebanon Valley College women as they played in two games that came down to the final couple of minutes. Both games were away from home against Stevenson University and Albright College.

LVC was not able to come away with both of the victories, but was able to win in overtime at Stevenson.

In the early-week game, Lebanon Valley made the trip to Owings Mill, Maryland to take on Stevenson in an important matchup between teams near each other in the standings.

Katie Deardorff put Lebanon Valley on the board first with less than four minutes left in the first half. The goal was Deardorff's second.

It looked as if that would be the only goal of the game until Stevenson knotted it up in the 83rd minute.

That goal could have been a back breaker for LVC, but they were able to rebound and end the game in



**CLOSE CALLS** Sarah Dowhower, above, scored the winning OT goal over Stevenson.

overtime.

Less than seven minutes into the extra period, Sarah Dowhower put away her fourth goal of the season and gave the Valley their third win in a row.

Looking to string yet another win together, LVC traveled to Albright College on Saturday. This

game seemed destined to enter overtime like the last, but Albright gave the Dutchmen a dagger in the 86th minute. Jena Muller scored for the Lions and Lebanon Valley did not have enough time to equalize.

The LVC Women are 8-5-2 overall and 3-2 in conference play. They currently sit in fourth in the

conference standings.

The Valley is home to Hood College on Wednesday and on Saturday against Elizabethtown College for Pink on the Pitch.

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## Men's Lax to participate in charity walk

*Team traveling to Philly on Sunday to walk for Diabetes*

RYAN LEONARD '14  
CONTRIBUTING WRITER

On Sunday, October 27, the Men's Lacrosse team will be participating in the Walk for Juvenile Diabetes in Philadelphia. The Men's Lacrosse team got involved with this cause through Kevin Krasley, a senior goalie, whose family member was diagnosed with Type 1 diabetes.

"At the age of 21, my older sister, Tara, was diagnosed with Type 1 diabetes. It hit my family really hard when we found out. We were not sure what was wrong with my sister, but found out that she will have to live with this terrible disease every day. My

family walks every year and the past two, the team has joined my family," he said.

Krasley said the team will leave for Philadelphia in the morning then hang out with street vendors near the art museum. After the three-mile walk members get something to eat and then head back to campus.

"We get back to school at a reasonable time if you still have work to do," he said.

Krasley said although the walk is voluntary, everyone on the team has participated in the past. With respect to the donation, Krasley asked for everyone on the team to make a \$10 donation, which will cover the Team Tara t-shirt and the balance will be donated

to the Juvenile Diabetes Research Foundation.

Men's Lacrosse player Michael Moll said, "I really enjoy the walk for a number of reasons. First, it is for a great cause. Second, Kevin is one of my best friends, and I know doing the walk means a lot to him. And finally, this is a team building experience. Everyone on the team gets closer during the walk."

This will mark the third year in which the Men's Lacrosse team has walked for Juvenile Diabetes.



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# SPORTS

**Dowhower the answer  
for women's soccer p. 7**



**Philly Diabetes Walk  
welcoming LVC p. 7**

## Slump Over For Men's Soccer



**KICK IN RIGHT DIRECTION** Cam Alexander scored one of the team's four goals in their win over Albright.

**CODY MANMILLER '16**  
STAFF WRITER

The Dutchmen went through a slump that they have not seen for the last couple of years.

LVC dropped three games in a row, all in conference play, and they were desperate to get out of that stretch and back into form. The men's team was on the road at Stevenson and Albright this week and came home undefeated, a step in the right direction after the past two weeks that they have had.

Lebanon Valley needed a second half goal in order to force overtime against Stevenson University on Wednesday.

They went down in the 34th minute when a Stevenson player hit the top corner with a shot from a seemingly impossible angle. Senior Matt Henly scored his first goal in the 72nd minute when he capitalized on a mistake from the goalie.

Neither team could score a game winner in overtime, and LVC came away with a tie.

After the tie, LVC came out with some urgency against Albright.

Senior Garth Stefan hit a shot into the lower corner from about 25 yards out to open up the scoring. Less than five minutes later, Cam Alexander scored on a free kick to make it 2-0 just 13 minutes into the game. Freshman Gabe Stasyszyn made it 3-0 still before halftime. Stasyszyn's goal was his first of his career, a left footed shot from distance.

Albright, however, did not lay down in the second half and scored twice off of corner kicks in the first 11 minutes. Cody Manmiller scored his first goal with a little over 20 minutes to play to put the game out of reach and LVC won their first game of their last five.

Lebanon Valley will play at home on Tuesday against Hood College and will host Elizabethtown College on Saturday. LVC is 7-5-3 overall and 1-3-1 in conference.

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## Football Coach Jim Monos Watches and Learns from NFL

**PAUL SCHRINER '15**  
CONTRIBUTING WRITER

Jim Monos watches the NFL with a better understanding of how the game is played. But he always remains just a true fan at heart.

Monos is LVC's head football coach. He's held that post for 21 years. He is the all-time leader in wins at Lebanon Valley and currently the team has had five straight winning seasons, which is the longest streak for the Dutchmen since it happened in 1963.

Monos loves to watch the NFL because it offers something

to learn. "I think in our profession studying the game is important, you can learn from it," he says.

When watching the NFL, Monos roots for the Buffalo Bills which is where his son is currently working as the Director of Player Personnel. Before that, his son was a scout for the New Orleans Saints. Monos would travel to New Orleans to meet up with his son in the summer for the mini-camps to get a better grasp of the game.

New Orleans Saints Coach Sean Payton opened up his doors to Monos, who also

attended meetings with players and coaches. He also watched tape and went to the practices.

"I learned there was a lot of things that they can do that we can't do because we don't have the time, but there are things we can use to get better at what we do," Monos observed from his time at New Orleans.

When looking at the NFL Monos thinks that coaches could use more no-huddle plays to catch the defense off guard. In football it's all about match-ups and when you run a no-huddle offense it's hard to get the right personnel on the field to cover the different types of plays ran

during the course of a game.

A difference Monos sees between the college game and the NFL is that the NFL is promoted to be all about offense.

"The NFL promotes offensive success because of the rules with penalties like no contact with Wide Receivers after five yards," he says, adding that the NFL favors offensive players over defensive players.

If Monos could run one play in the NFL, he said with no doubt that he would run Sprint Draw. In his scheme he runs in the college level this play is deception at its finest with the

lineman blocking it the same way as if it was a pass to deceive the defense and have them at their heels to catch them off-guard to just run the ball down their throats.

Monos uses his free time to sit down and watch the NFL on Sunday to get info on how to better prepare to run his own football team. But more importantly, it's all about just being around the game that he loves so much.

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